

LETHBRIDGE COLLEGE

---

# RECREATION SERVICES

## WINTER 2016 ACTIVITIES

---



### Squash lessons and league

Take your squash game to the next level by meeting with our in-house squash coach for private or semi-private lessons. Or, join our squash league and face different opponents each week.

### Personal training

If you are not sure how to get started on a workout plan or are not achieving the results you want, check out the personal training offered by our certified professionals. Get started with five 30-minute sessions for \$100.

### Nutrition programs

Eat well, live well. Work with a certified nutrition coach to get a personalized nutrition plan. Choose a monthly plan and learn about super foods, meal portioning and more. Rates start at \$75/month.

### Birthday parties

Spend an hour playing sports or fun games in the gym and then have an hour in the student association Cave for cake, presents or even a dance party. For birthday party booking, call: 403.320.3202 ext. 5753.

Register by contacting **403.382.6903** or  
[recreationservices@lethbridgecollege.ca](mailto:recreationservices@lethbridgecollege.ca)  
[lethbridgecollege.ca/recreationservices](http://lethbridgecollege.ca/recreationservices).

